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PROMPT COOKING
BEST FOR FROZEN-
PACK VEGETABLES

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Frozen-pack vegetables from freezer lockers should be treated like any perishable food, says _____, _____ (name) _____ (title) _____ (institution). The Bureau of Chemistry and Soils of the U. S. Department of Agriculture recently reported the results of investigations in handling these foods. The tests showed that when the temperature of a defrosted vegetable reaches 60 to 70 degrees Fahrenheit the micro-organisms which have survived freezing quickly start to multiply. Frozen-pack vegetables held at a temperature of 40 degrees, as in a domestic refrigerator, kept longer than at ordinary temperatures, but slow growth of organisms is not prevented at 40 degrees. A frozen-pack vegetable in the partly thawed state will show bacterial activity about the third day.

After reaching a temperature of 70 degrees, defrosted peas of good quality were found to spoil in less than 10 hours. When held at 40 degrees, they kept successfully for over 4 days. Peas kept better than spinach at both temperatures. The type of container used did not affect the time required to bring about changes in the product.

The safest way to handle frozen vegetables from the freezer-locker, _____ says, is to open the container and empty the still frozen contents into the hot water in which they are to be cooked.

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